











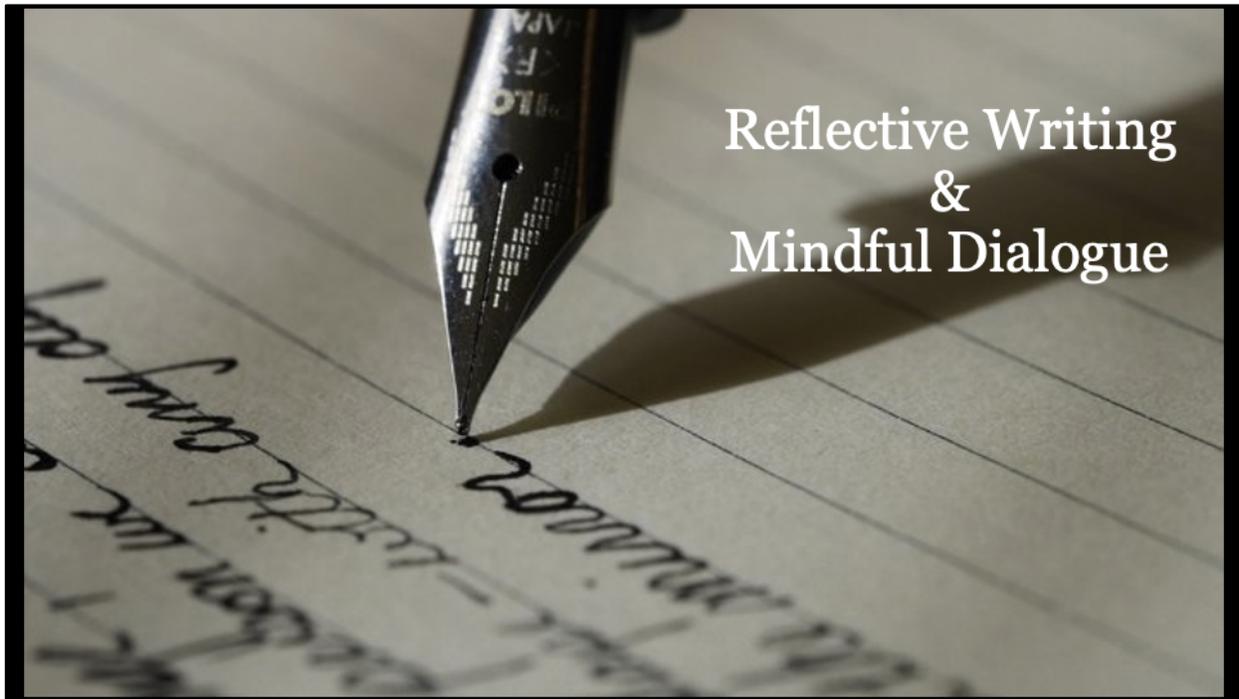
resolve to avoid them and treat them with a sense of caution. Our heedfulness is a great strength that we want to continue to build through the practice of ethical mindfulness.











## Reflective Writing & Mindful Dialogue

### PRESENTER NOTES:

1. Be totally present for the other person. We rarely have someone's undivided attention during a conversation. It is a gift. This presence can manifest through maintaining eye contact and verbal and nonverbal gestures that let your partner know that you are following what he or she is saying. Please turn off any electronic devices to prevent unexpected distractions and interruptions.
2. Try not to ask questions. Although we are not always conscious of it, questions have a tendency to drive a conversation in the direction the questioner wants it to go, rather than where the responder wants to take it. If you feel you must ask a question, make it something like, "Is there anything more you would like to add?"
3. Try not to give advice. The purpose of these conversations is to allow your partner to vocalize important experiences or insights, and to have someone honor them by listening attentively and without judgment. Often, instead of truly listening, we spend time thinking about what we would give. While this urge can be motivated by compassion, it can also interfere with our ability to actually be fully present to what the person is saying.
4. Keep everything your partner says in total confidence. Nothing creates safe space more effectively than trust. Knowing that each of you will keep everything you hear confidential will build that trust.

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**PRESENTER NOTES:**

This metaphor describes the goal of the practices for Ethical Mindfulness. This metaphor has been adapted from an ancient Indian metaphor for training the mind. The puppy represents the mind, which has the power to go where it wants when it wants with seemingly little or no control by its owner. If we sit for only a few seconds and attempt to focus our mind on one thing, we quickly realize that our mind goes where it wants and does not stay still. The fact that our mind tends not to obey our wishes creates problems for us – for instance, when we are trying to fall asleep at night but can't stop thinking or worrying about something. In the metaphor of training the puppy, the puppy is on a leash and its owner holds a ball in her hand. She chides the puppy when it wanders away from her. The ball represents our object of attention, namely what we are focusing on. The leash is our capacity for mindfulness or attention. Just as the rope holds the puppy to the focus on the ball, so does our attention keep our mind on its object. When the puppy begins to roam, or move away from the owner, she recognizes that the puppy is beginning to wander and calls to the puppy, reminding her to stay. Similarly, when our mind begins to wander, we need metacognition, also called introspective awareness, which allows us to recognize when we have moved off or away from our object of focus.

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**PRESENTER NOTES:**

The purpose of these practices is to cultivate certain capacities of the mind. In the focused attention practice we will do for Ethical Mindfulness, we are trying to cultivate stability and clarity. Stability is the ability for the mind to stay and remain where we focus it (i.e., our breath or any other object). The opposite of stability is distraction.

In addition, we are cultivating clarity. If we are going to engage in a task, we want our mind to be clear with a sense of brightness, vividness and awareness. It is possible to cultivate stability but lose clarity. This could happen if we are engaging in a practice and become very focused on your object. At the same time, we start to become lethargic and sleepy. Sometimes this will result in actually nodding off, slumping or drooling. These are signs that we are lacking clarity of mind. In that case, we need to revivify our mind, open our eyes and bring greater clarity to our practice.

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